

HEALTH

Health is defined as “the art and science of preventing disease, prolonging life, and promoting health through the organized efforts of society” (Acheson, 1988; WHO).

Courses and degrees in the Health category are intended to teach students how to maintain health, improve health, and prevent the deterioration of health. Health courses and degrees focus on the entire spectrum of health not just the eradication of diseases. This includes an emphasis on the social, physical, emotional, spiritual, mental, and occupational aspects. Courses and degrees also cover targeted populations including public health services, and individual services such as vaccinations, behavioral counseling, and health advice. Physical Education is required for the Associate Degree and Health courses fulfill this requirement.

See the Nutrition and Dietetics, AS-T (p. 1) degree - The food we eat has a significant impact on our health, according to a number of scientific studies. Changes in diet can help prevent or control many health problems, including obesity, diabetes, and certain risk factors for cancer and heart disease. Dietetics is the science of how food and nutrition affect human health.

See the Public Health Science, AS-T (p. 1) degree - The field of public health plays a crucial role in the promotion of health, prevention and treatment of disease, and education of individuals to learn about managing illness and disabilities. Every scientific finding, awareness campaign, and new policy has the potential to positively impact the lives of millions of people around the world.

As part of the Kinesiology department, you may also be interested in the Kinesiology, AA-T (<https://catalog.vvc.edu/degrees-certificates/kinesiology/#KINT-AA>) degree, the Dance, AA (<https://catalog.vvc.edu/degrees-certificates/kinesiology-dance/#DANCE-AA>) degree, the Fundamental Dance Teacher (<https://catalog.vvc.edu/degrees-certificates/kinesiology-dance/#FUNDANTEA-CERT>) certificate, or the Athletic Training (<https://catalog.vvc.edu/degrees-certificates/kinesiology/#certificatestext>) certificates.

Faculty

Blanchard, Debra

Victor, Bruce

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Nutrition and Dietetics, AS-T

State Control Number: 40161

Program Code: NADT.AS or NADT.IGETC.AS

Approved for Federal Financial Aid: Yes

The Nutrition and Dietary Science Associate of Science Transfer Degree focus on the principles and methodologies used in the study of nutrition and dietetics. Students will acquire the foundational knowledge necessary to pursue post-secondary degrees in nutrition and dietetics. The Associate in Science in Nutrition and Dietary Science for Transfer is designed to provide students a clear transfer pathway to the CSU within the health science field major and the completion of baccalaureate degree, with guaranteed admission to a CSU to a similar major with junior standing, and the ability to complete their remaining requirements within 60 semester or 90 quarter units. Additionally, the Nutrition and

Dietary Science A.S.-T focuses on providing job-related and introduction to the various career pathways within this field. The Nutrition and Dietary field include disciplines such as nutritionist, dietary counselor, hospital dietary expert, patient health navigator, health education outreach, biostatistics, health services, environmental health, behavioral health, and occupational health.

To earn this degree complete the major coursework listed here with “C” grades or better and the following graduation requirements: 60 CSU transferable units; either the CSU General Education (<https://catalog.vvc.edu/degrees-certificates/csuge-breadth/#csuge>) or IGETC (<https://catalog.vvc.edu/degrees-certificates/igetc/#igetc>) pattern; the Basic/Golden 4 requirements; and a 2.0 minimum overall CSU GPA. Courses used in the major may also be counted in the general education areas. Courses used for this major may also be used to earn other degrees at VVC.

Code	Title	Units
Required Courses		
BIOL 110	Introduction to Human Nutrition	3.0
PSYC 101	Introductory Psychology	3.0
CHEM 201	General Chemistry	5.0
BIOL 221	General Microbiology	5.0
List A		
Complete two courses from the following:		7.0-10.0
CHEM 202	General Chemistry	
CHEM 281	Organic Chemistry	
BIOL 211	Human Anatomy	
or BIOL 231	Human Physiology	
MATH 120	Introduction to Statistics	
or MATH 120H		
or MATH 120S	Introduction to Statistics With Skills Support	
or PSYC 215	Introduction to Statistics in Social and Behavioral Sciences	
List B		
HLTH 202	Nutrition for Fitness	3.0
Total Units		26-29

Public Health Science, AS-T

State Control Number: 40052

Program Code: PHS.AST or PHS.IGETC.AST

Approved for Federal Financial Aid: Yes

The Public Health Science Associate of Science Transfer Degree focuses on disease and injury prevention strategies for community and individual wellness. The Associate in Science in Public Health Science for Transfer is designed to provide students a clear transfer pathway to the CSU within the health science field major and the completion of a baccalaureate degree, with guaranteed admission to a CSU to a similar major with junior standing, and the ability to complete their remaining requirements within 60 semester or 90 quarter units. Additionally, the Public Health Science A.S.-T focuses on providing job-related and introduction to the various career pathways within this field. The public health field includes disciplines such as patient health navigator, health education outreach, epidemiology, biostatistics, health services, environmental health, behavioral health, and occupational health.

To earn this degree complete the major coursework listed here with “C” grades or better and the following graduation requirements: 60

CSU transferable units; either the CSU General Education (<https://catalog.vvc.edu/degrees-certificates/csuge-breadth/#csuge>) or IGETC (<https://catalog.vvc.edu/degrees-certificates/igetc/#igetc>) pattern; the Basic/Golden 4 requirements; and a 2.0 minimum overall CSU GPA. Courses used in the major may also be counted in the general education areas. Courses used for this major may also be used to earn other degrees at VVC.

Code	Title	Units
Required Courses		
HLTH 102	Contemporary Problems in Personal and Community Health	3.0
HLTH 101	Introduction to Public Health	3.0
MATH 120 or MATH 120H or MATH 120S	Introduction to Statistics Introduction to Statistics With Skills Support	4.0-5.0
BIOL 107	Introduction to Human Biology	4.0
CHEM 100	Introductory Chemistry	4.0
PSYC 101	Introductory Psychology	3.0
BIOL 211	Human Anatomy	5.0
BIOL 231	Human Physiology	5.0
List A		
Complete one course from the following:		3.0
BIOL 110 or HLTH 202	Introduction to Human Nutrition Nutrition for Fitness	
ECON 101	Principles of Economics: Macro	
ECON 102	Principles of Economics: Micro	
PSYC 121	Introduction to Human Sexuality	
SOC 101	Introduction to Sociology	
Total Units		34-35

Community Mental Health Certificate of Completion

State Control Number: 42596

Program Code: HLTH.COMEHE.CCN

Approved for Federal Financial Aid: No

This noncredit certificate is designed to provide an introductory overview of the mental health spectrum, including wellness, recovery, and resiliency for individuals working or hoping to work in community mental health organizations. The certificate will provide an overview of mental health terminology used on a community college campus or within the local community, including K-12 institutions. Topics will include the promotion of help-seeking behavior and social connectedness while reducing stigma and discrimination associated with mental illness. This certificate will be interactive and will include a service-learning project. The program would benefit those working in counseling-related fields who wish to learn more about mental health so that they can be better prepared to serve their clients.

Total Certificate Hours: 16 - 18

Code	Title	Units
Required Courses		
HLTH 0105	Community Mental Health Preparation I Community Health	0.0

Code	Title	Units
HLTH 0106	Community Mental Health Preparation II Community Health	0.0
Total Units		0

Health Courses

HLTH 101 Introduction to Public Health (3.0 Units)

This course provides an introduction to the discipline of Public Health. Students will gain an understanding of the basic concepts and terminologies of public health, and the history and accomplishments of public health officials and agencies. An overview of the functions of various public health professions and institutions, and an in-depth examination of the core public health disciplines is covered. Topics of the discipline include the epidemiology of infectious and chronic disease; prevention and control of diseases in the community including the analysis of the social determinants of health and strategies for eliminating disease, illness and health disparities among various populations; community organizing and health promotion programming; environmental health and safety; global health; and healthcare policy and management.

Lecture Hours: 54.0

Transfer: Transfers to both UC/CSU

HLTH 102 Contemporary Problems in Personal and Community Health (3.0 Units)

This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include but are not limited to nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards, and safety.

Recommended Preparation: ENGL 101.0

Lecture Hours: 54.0

Transfer: Transfers to both UC/CSU

HLTH 102H Honors Contemporary Problems in Personal And Community Health (3.0 Units)

This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include but are not limited to nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards, and safety.

Lecture Hours: 54.0

Transfer: Transfers to both UC/CSU

HLTH 0105 Community Mental Health Preparation I Community Health (0.0 Units)

This noncredit course is an introduction and the first of two classes in a year-long program to a behavioral health care model and for the completion of a Community Mental Health Certificate of Completion. Will explore the range of community-based services. The course explores such topics as wellness, recovery, resiliency, and careers in mental health. Students will plan a service-learning project that will be completed in the second semester, HLTH 0906, to benefit an identified affinity group on campus. Not applicable to an associate degree.

Lecture Hours: 9.0

Transfer: Not transferable

HLTH 0106 Community Mental Health Preparation II Community Health (0.0 Units)

This noncredit course is the second in a year-long program to the behavioral health care model and for the Community Mental Health Certificate of Completion. The course explores such topics as wellness, recovery, resiliency, and careers in mental health. Students will complete a service-learning project that will benefit an identified affinity group on campus. Not applicable to associate degree.

Lecture Hours: 9.0

Transfer: Not transferable

HLTH 202 Nutrition for Fitness (3.0 Units)

Nutrition is an integral part of fitness. Explore the affects of proteins, fats, carbohydrates, water, minerals and vitamins on fitness and health. Grade option.

Lecture Hours: 54.0

Transfer: Transfers to both UC/CSU

HLTH 203 Women's Health Issues Community Health (3.0 Units)

This course analyzes the biological, psychological, and sociocultural aspects of women's health, and explores health services, health education, and healthcare delivery systems. Social determinants of health and health inequities are examined, as well as contemporary issues including sexual and gender roles, racial inequities, age issues, and the role of women in the family, workforce, community, and society.

Lecture Hours: 54.0

Transfer: Transfers to CSU only

Program Learning Outcomes

Program Learning Outcomes (PLOs) are statements of the kind of learning a program hopes a student will achieve. The PLOs describe the knowledge, skills, problem-solving, communication and values that apply to all certificates and/or degrees within that program.

Upon completion of this program, students should be able to:

1. Recognize fundamental concepts of physical activity, nutrition, and health, and apply critical thinking to solve problems from the student's personal perspective and a public perspective.
2. Critically evaluate forms of information related to Kinesiology and physical education, the student's personal health and public health, including nutrition.
3. Demonstrate social responsibility to improve quality of life for others and ensure equitable access for diverse groups by creating appropriate environments to initiate and maintain a physically active and a healthy lifestyle.
4. Integrate concepts of self-care to build resiliency.
5. Develop a program that will promote student mental health, connect students to mental health services, or reduce stigma associated with help-seeking behavior.